

Left - Right Empathy Circle

Bridging social and political divides - building a culture of empathy

Page URL: <http://j.mp/2PzYvu4>

References: [Facebook Group](#) and [Website](#)

An Empathy Circle is a structured dialogue process. The process increases mutual understanding and connection by ensuring that each person feels fully heard to their satisfaction.

Date: Saturday, November 2018-11-03

Time: 10 am to 12 pm PT/1pm ET (2 hours)

Dialogue Topic: What are concerns, anxieties, or fears you have regarding the current political situation?

Add Transcripts.

If you watch this Empathy Circle, you can also help create a more accurate transcript. As you watch it, write down or refine the transcripts in this page. Also you can make notes to the side with your comments.

Transcript Notes

Edwin's introduction: Empathy Circles are dialogs that people may take part in to bridge the gap between the right and left to build mutual understanding.

Topic: What are concerns, feelings, and anxieties you have around the current political environment.

Introductions

- Edwin from El Cerrito, Near Berkeley , grew up conservative evangelical, move to progressive and now moving toward empathism.
- Richard from L.A. leaning right.
- Meagan from California interested in NVC and uses in activism. Sort of anarchist.
- Bob from California identifies with the left and socialist movement.
- David from Berkley interested in conservatism free speech being his top concern.
- David F from Wisconsin, liberal.

10:21:27

General topic on fear of violence in the context of political expressions that disagree.

10:25:23

Topic shift to values and fear of conflict between the parties.

10:30:56 :

Discussion of misconceptions of what other people are saying. Concerns about how politicians and media focus on the extremes that don't necessarily reflect our positions.

10:31:52

Concern around overpopulation and the effects on the environment.

10:34:53

Distortion of media reporting as influenced by with disparity of coverage.

10:37:28

Financial incentive for media to profit through sensationalism.

10:39:12

Goals of what we all want are being muddled when we get to the how. Each side assigns different motives behind the other side's approach which may be a different approach.

10:41:01

We may share common goals but motivation is being assigned by the other side.

10:42:26

Communication is valuable but we aren't seeing it from political figures.

10:48:08

Fear of a nationalist movement on the left is driving violence toward the right.

10:50:21

Fear may be a base emotion, but they are expressing hatred by attacking people from the right.

10:53:05

: Violence is drawing fringe elements into the public events. Strategies of violence creating a over simplification of the issues.

10:55:07

Idea of a self-fulfilling prophecy.

10:59:27

This process is bringing out the worst in people as they alienate one another.

11:02:22

Concerns about expressions of fear around subjugation of women.

11:04:00

People are fearful of many issues right now and the relationship between the free expression of some ideas that are the basis of those fears.

11:09:21

Responding to what degree when people say extreme things is confusing.

11:11:11

Concerns around people in power really having the interests of people at heart.

11:14:06:

The idea of individual responsibility vs. a state based supports, even if given with good intentions.

11:15:51

Developing mutually beneficial approaches that allow people's desire to do what is best for themselves to be successful.

11:20:40

Our deep seated goodness and shedding our self centered tendencies as a personal development is done individually.

11:24:23

The idea that people use manipulations to get what they want from each other, and it can be done with mutually beneficial means or via violence or playing the victim.

11:26:38

Concerns about not taking a stance on an issue when others are sure, but it can be frightening when others judge you as an opponent when you aren't ready to back their position.

11:29:29

Concerns about being a person who believes in dialog strangely makes us more isolated

11:30:53

The idea of higher political leaders participate in Empathy Circles so they can actually can understand one another.

11:33:24

The idea of words like "privilege" as a trigger because it is a word that can color a conversation.

11:38:51

The idea of how government program funds can be spent wisely.

11:40:45

The ideas of capitalism and socialism.

11:42:41

Equating capitalism to greed can result in ambition and socialism to jealousy and envy don't have a constructive outcome.

11:45:28

The hope that we can not allow fear to control our actions.

11:48:46

The idea that being heard tends to reduce our fear and anxiety, so the comfort level with one another may cause us to lose site of problems affected by issues that don't affect the group in the circle.

11:58:16

Topic: What are people's core beliefs, values, and goals?